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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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## TRAVELING SOUTH?

Visit the Bicentennial Exposition on Science and Technology at the Kennedy Space Center in Florida and see a preview of how things will be during our country's third century. The exposition will be open until September 7th in the spaceport's vehicle assembly building where Apollo/Saturn space vehicles were prepared for manned missions to the moon.

Visitors will learn about food production and the agricultural decisions that must be made to make our land more productive; what is needed to control and/or eradicate insects and how to recycle waste. The U.S. Department of Agriculture pavilion is one of 16 exhibits by government agencies. Ten leading industrial firms and numerous colleges and universities also have exhibits at the center.

Special events are scheduled daily including aerial demonstrations by the Air Force Thunderbirds and the Navy Blue Angels, parachuting demonstrations featuring the Army Golden Knights Jump Team, concerts and other forms of operational displays and multimedia presentations. Admissions to the area are \$3.00 for adults, \$2.00 for youth and \$1.00 for children 3-11.



## U.S. BICENTENNIAL EXPOSITION ON SCIENCE AND TECHNOLOGY

KENNEDY SPACE CENTER FLORIDA .....YOU'LL SEE —



AGRICULTURE PAVILION



MOON TREE

## ENCLOSED: "THE SECRET OF AFFLUENCE"

A booklet showing the relationship between agricultural productivity and affluence, prepared by the Office of Communication, USDA, is enclosed with this issue. It tells how agriculture helped build the base for the nation's economic success. It compares agricultural and economic conditions in the United States with other countries, and traces the change from the start of the nation. This was prepared to show the growth of American agriculture. The whole story begins with food — and we have just over a billion acres of farmland in the United States — that's an average of 5 acres per person. Since you — and me, too — are dependent on what the farmer does with the five acres...you need to understand what the farmer has to do with that ground. The farmer now produces more than what we need — so he also produces for our export markets overseas. This booklet explains how it all happens.

## COST OF FOOD AT HOME FOR A WEEK (MAY 1976)

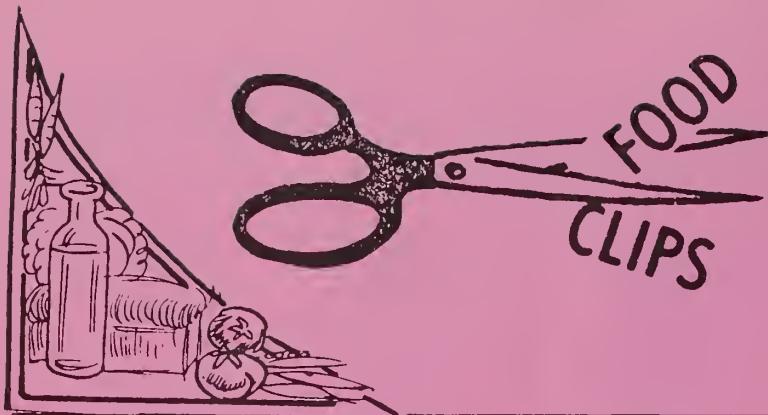
	Thrifty plan	Low-cost plan	Moderate- cost-plan	Liberal plan
<b>FAMILIES</b>				
Young couple.....	\$22.30	\$29.10	\$36.50	\$44.10
Elderly couple.....	19.90	25.80	32.00	38.40
Family of 4 with preschool children.....	31.70	41.00	51.10	61.60
Family of 4 with elementary school children.....	38.30	49.60	62.20	75.00
<b>INDIVIDUALS*</b>				
Women				
20-54 years.....	9.10	11.80	14.70	17.70
55 years and over.....	8.20	10.60	13.10	15.60
Men				
20-54 years.....	11.20	14.70	18.50	22.40
55 years and over.....	9.90	12.90	16.00	19.30
Children				
1-2 years.....	5.20	6.60	8.10	9.70
3-5 years.....	6.20	7.90	9.80	11.80
6-8 years.....	8.00	10.30	12.90	15.50
9-11 years.....	10.00	12.80	16.10	19.40
Girls 12-19 years.....	9.50	12.20	15.10	18.10
Boys 12-14 years.....	10.70	13.70	17.10	20.60
15-19 years.....	11.70	15.10	18.90	22.80

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



QUESTIONS  
AND  
ANSWERS

How can you be sure of buying good quality nuts in the shell?

Choose clean nuts that are free from splits, cracks, stains, or holes. Do not buy moldy nuts — they may not be safe to eat, according to the U.S. Department of Agriculture.

What is the difference between beef and veal?

Beef and veal are both produced from cattle — the age of the animal is the difference. Veal usually comes from cattle less than 3 months old. Veal is grayish pink, smooth textured, and has very little fat. Beef comes from more mature animals — usually 15 to 30 months old. Beef is usually red in color and has a courser grain.

How should dried vegetables be stored, and how long can they be stored safely?

Store dried vegetables in tightly closed container in a cool, dry place. Most dried vegetables will keep several months.

What is Processed Cheese Food?

Processed Cheese Food (or Pasteurized Process Cheese Food) is made in the same way as Process cheese, except that certain dairy products (cream, milk, skim milk, cheese whey, or whey albumin) or concentrates or mixtures of any of these may be added, but at least 51 percent of the weight of the finished cheese food must be cheese.

What is Provolone cheese?

Provolone, a round, plastic curd (pasta filata) cheese, is made from buffalo's milk in southern Italy.

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